

## **GS METRO**

### **A sporting 42km (26 m) time trial in rural Northumberland**

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations



Saturday 1<sup>st</sup> May 2021

**10:00am Start**

Course: M26

**First Rider: 10:01am**

Time Keepers: Peter & Frances Schultz, Sharon Dyson

Event Secretary: Ben Lane, 1 High Ridge View, NE42 6JB  
Tel: 07720054210

#### **COVID19 – PLEASE READ CAREFULLY**

- Competitors should not attend if they feel ill in ANY way or if family members have any symptoms.
- Riders must provide their own pen to sign on/off the race, NO pens will be provided. Use the hand sanitiser provided before and after signing-on/off.
- An elevated resting heart rate or exceptionally quick to react heart rate during warm-up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warm-up.
- All warm-ups should be done on the road
- Riders MUST NOT gather in any way regardless of current guidelines in the car park, HQ area or elsewhere.
- Competitors on finishing MUST NOT stop at the finish and MUST NOT loiter at the HQ/Car park and MUST pack away and leave immediately upon completion of the race.
- Please report to the start line no more than 5 minutes before your designated start time. Adhere to the 2 metre social distancing rule.

□ Riders will need to self-start, with one foot on the ground. NO track stands

## **Sign on Headquarters**

The sign on will be conducted in the layby at Belsay on the same road as the start. Please do not park in this layby. You may sign on no more than 60 mins before your start time. We aim to have sign on available from around 09:00. Unfortunately there are no public toilets nor changing facilities for this event.

Please park considerately in the village – No turbos in the village please. There are plenty of roads to warm up on.

Each rider must sign for themselves and nobody else before collecting their number. Once the course has been completed, remember to sign out and return your number. **NOTE: Riders who do not sign-out will be recorded as a “DNF” on the official results sheet. *Juvenile and Junior riders must hand in a completed parental consent form to be permitted to race.***

## **Course Description**

Start at Belsay on minor road 200 metres north of the junction with the A696 and B6524. Proceed north on minor road via Bolam Lake to junction with the B6343 (6.4 miles). Turn right\* on the B6343 through Hartburn to Dyke Neuk. Turn left on minor road and continue to T-junction. Turn left on minor road to Rothley Crossroads. Turn left on minor road to Scots Gap. Turn left in Scots Gap on the B6343, then first right\* on minor road in the direction of Belsay to Finish, opposite the start.

A map of the course may be found at the following URL – please familiarise yourself with the course

[Cycling Time Trials: GS Metro](#)

## **Safety notes:**

- Vehicles of competitors / officials / marshals / helpers to be parked safely and without hindrance to other road users. Riders:
- Riders take extra care at T-junctions, at right hand turns, on steep descents with bends, through lightly built up area of Hartburn. This includes no cutting of corners! • **Note NE District Regulation re. Right Hand Turns (marked \* in Course Details). Riders shall not cut corners at right-hand turn junctions on courses i.e. they must observe road markings and not move to the right-hand side of the road being turned out of or in to. Any rider reported not following this District Regulation shall automatically be disqualified from the event. Organisers of events on courses with right-hand turns shall instruct marshals on any corner affected by this local regulation to record the race number(s) of rider(s) in breach of the regulation. NOTE – Disqualified riders may appeal to the NE District Committee against their disqualification. Such appeals will normally take the form of a Disciplinary Hearing for a breach of Regulation 20(a).**

**Additional Information** Road surface conditions will be assessed periodically, and the current points should be taken in consideration by riders. The following are specific areas of concern currently, but all surface conditions should be taken into account when negotiating the course.

- 1. From Middleton Farm - From approach to farm through to Scots Gap Junction B6343, surface POOR to BAD. Potholes, deteriorated patching and loose surface on the racing line.**
- 2. From Junction B6343 return leg to Bolam - Surface POOR to BAD with ruts, holes and loose surface beyond bridge and at bottom of the bank in particular.**

**ALL RIDERS ARE REMINDED OF THEIR RESPONSIBILITY FOR “HEADS UP” RIDING AT ALL TIMES TO BE AWARE OF HAZARDS.**

- No U-turns to be made in the vicinity of the timekeeper.
- **You must have a working REAR light either flashing or on constant to start the race. NO LIGHT NO RACE**

- There will be no pusher off in line with Covid Risk Assessment - you must start with one foot on the ground.
- Please refrain from warming up on the course once the time trial has commenced.
- No dismounting in the finishing area.
- You must look ahead and not ride with your head down.
- It is your responsibility to ensure that your machine is roadworthy and that you ride safely at all times.
- You must not take pace or shelter from any other vehicle or competitor (no drafting) – failure to comply may lead to disciplinary action being taken.
- In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise you to wear a HARD-SHELL HELMET that meets an internationally accepted safety standard. **All competitors under the age of 18 years MUST wear a hard-shell helmet.**

To assist the Timekeepers at the finish line can you please ensure that your number is correctly placed and visible from the rear in line with CTT regulations noted below:



**If it's too high and we can't see it, this may result in no time being recorded.**

Please shout out your number as you pass the Finish Timekeeper.

### **Prize List**

Prize money will be paid by BACS in the days following the event as we cannot hold a post event presentation under current restrictions. The category winners below will receive £15 each.

**All Entrants Keep your eyes peeled when you return your number and make sure you see our stewards at the sign on**

Categories – Female/Male/Road Female/Road Male/Female Vet on Standard/Male Vet on Standard/Junior/Juvenile

### **Rider List**

No	Start	Name	Club	Gender	Category
1	10:01	Joshua Hodgson	GS Metro	Male	Senior
2	10:02	Joe Applegarth	Durham Triathlon Club	Male	Veteran
3	10:03	Clive Horton	Barnesbury CC	Male	Veteran
4	10:04	Richard Cleathero	North Racing	Male	Veteran
5	10:05	Nicholas Stevenson	Wearside Triathlon	Male	Veteran
6	10:06	Simon Emsley	Derwentside CC	Male	Veteran
7	10:07	Graeme Wardale	South Shields Velo Cycling Club	Male	Veteran
8	10:08	David Donaldson	Derwentside CC	Male	Veteran
9	10:09	Mark Reed	Tyneside Vagabonds CC	Male	Veteran
10	10:10	Jay Pitt	Velo Culture	Male	Senior

11	10:11	Dougan Collins	MTS Cycle Sport	Male	Veteran
12	10:12	David Purvis	Sunderland Clarion	Male	Veteran
13	10:13	Dan Venner	North Shields Polytechnic Club	Male	Veteran
14	10:14	Howie Buckingham	Allen Valley Velo	Male	Veteran
15	10:15	Hedley Fletcher	Blaydon CC	Male	Veteran
16	10:16	Lee Ridden	Reifen Racing	Male	Veteran
17	10:17	Paul Cottrell	Sunderland Clarion	Male	Veteran
18	10:18	Matty Smith	Muckle Cycle Club	Male	Senior
19	10:19	Mark Whaley	Blaydon CC	Male	Veteran
20	10:20	Philip Kennell	GS Metro	Male	Veteran
21	10:21	Stuart Cook	Cestria C.C.	Male	Veteran
22	10:22	James Anderson	North Shields Polytechnic Club	Male	Senior
23	10:23	Colin Blacklock	Muckle Cycle Club	Male	Veteran
24	10:24	Iain Katz	VO2MAX Race Team	Male	Senior
25	10:25	Wilson-Jay Brown	PM Racing UK	Male	Veteran
26	10:26	Sarah Minto	North Tyneside Riders CC	Female	Senior
27	10:27	Sarah Wilkinson	Blaydon CC	Female	Veteran
28	10:28	Deborah Hicks	North Tyneside Riders CC	Female	Veteran
29	10:29	Helen Ballard	Tricademy	Female	Veteran
30	10:30	Jane Massey	Tri Northumberland (Tri North)	Female	Veteran
31	10:31	Jane Aston	Blaydon CC	Female	Veteran
32	10:32	Nicola McCoy	Muckle Cycle Club	Female	Veteran
33	10:33	Heather Gould	North Shields Polytechnic Club	Female	Veteran
34	10:34	Claire Harlow	Blaydon CC	Female	Senior
35	10:35	Tracey Sample	Alnwick & District Triathlon Club	Female	Veteran
36	10:36	Rachel Galler	Blaydon CC	Female	Senior
37	10:37	Lois Jarvis	North Tyneside Riders CC	Female	Senior
38	10:38	Angela McGurk	Blaydon CC	Female	Veteran
39	10:39	Jen McMahon	Sub Rosa	Female	Senior
40	10:40	Joanne Rea	Blaydon CC	Female	Senior
41	10:41	Shaun Brannan	Muckle Cycle Club	Male	Senior
42	10:42	Aidan Berry	North Tyneside Riders CC	Male	Veteran
43	10:43	Michael Lynch	Derwentside CC	Male	Veteran
44	10:44	John Lillie	North Tyneside Riders CC	Male	Veteran
45	10:45	Thomas Fletcher	CJ Performance	Male	Senior
46	10:46	Stephen Magrath	Blaydon CC	Male	Senior
47	10:47	Mick Chappel	North Tyneside Riders CC	Male	Veteran
48	10:48	Kieran Graham	South Shields Velo Cycling Club	Male	Senior
49	10:49	Barry Taylor	VO2MAX Race Team	Male	Veteran
50	10:50	Julian MacBride	Team Kirkley Cycles	Male	Senior
51	10:51	Max Gott	Sub Rosa	Male	Senior
52	10:52	Carl Foreman	Muckle Cycle Club	Male	Senior
53	10:53	Alessandro Marvaldi	North Tyneside Riders CC	Male	Veteran
54	10:54	Shaun Wilkinson	Muckle Cycle Club	Male	Senior
55	10:55	Peter Stokoe	Reifen Racing	Male	Senior
56	10:56	Daniel Kane	Muckle Cycle Club	Male	Senior

57	10:57	Stephen Locker	VO2MAX Race Team	Male	Veteran
58	10:58	Scott Hunter	Berwick Wheelers Cycling Club	Male	Senior
59	10:59	Ian Gallon	North Tyneside Riders CC	Male	Veteran
60	11:00	Shaun Tyson	Protech Velo	Male	Veteran
61	11:01	Tim Irwin	Team Kirkley Cycles	Male	Veteran
62	11:02	Christopher Wilcock	Muckle Cycle Club	Male	Senior
63	11:03	Mark Herbert	Derwentside CC	Male	Veteran
64	11:04	Simon Crisp	Gosforth RC	Male	Senior
65	11:05	Chris Burns	Reifen Racing	Male	Veteran
66	11:06	Alex Cunningham	Vector Racing	Male	Espoir
67	11:07	Garry Greenaway	Berwick Wheelers Cycling Club	Male	Veteran
68	11:08	Jacob Anderson	South Shields Velo Cycling Club	Male	Senior
69	11:09	Matt Ellis	North Tyneside Riders CC	Male	Veteran
70	11:10	Graham Crammond	Vector Racing	Male	Senior
71	11:11	Peter Hawkins	Muckle Cycle Club	Male	Senior
72	11:12	Richard Exley	Gosforth RC	Male	Veteran
73	11:13	Christopher Beaty	Allen Valley Velo	Male	Senior
74	11:14	Tim Nichol	Blaydon CC	Male	Senior
75	11:15	John Bowman	Muckle Cycle Club	Male	Senior
76	11:16	Joe Dixon	Velo Culture	Male	Juvenile
77	11:17	Benjamin Johnston	Racing Metro 15	Male	Junior
78	11:18	Kieron Campbell	North Tyneside Riders CC	Male	Junior
79	11:19	Daniel Holmes	Derwentside CC	Male	Junior
80	11:20	Josh Charlton	MTS Cycle Sport	Male	Junior
81	11:21	Simon Gibbs	Reifen Racing	Male	Veteran
82	11:22	Daniel Moore	Muckle Cycle Club	Male	Senior
83	11:23	Joe Leiserach	Blaydon CC	Male	Senior
84	11:24	Keith Sibbald	Zeus CRT	Male	Veteran
85	11:25	James Hadfield	Blaydon CC	Male	Senior
86	11:26	Chris Mather	Derwentside CC	Male	Veteran
87	11:27	Richard Nichol	Cestria C.C.	Male	Veteran
88	11:28	Philip Parsley	Muckle Cycle Club	Male	Senior
89	11:29	Neil Payton	Barnesbury CC	Male	Veteran
90	11:30	Carl Donaldson	GS Metro	Male	Veteran
91	11:31	Colin Atkinson	Muckle Cycle Club	Male	Veteran
92	11:32	Kevin Kendall	Sun City Tri	Male	Senior
93	11:33	Adam Harrison	Barnesbury CC	Male	Senior
94	11:34	Noel Stoddart	Blaydon CC	Male	Veteran
95	11:35	Adam Smith	Team Kirkley Cycles	Male	Senior
96	11:36	Mal Gray	Reifen Racing	Male	Veteran
97	11:37	Phil Cook	Velo Culture	Male	Veteran
98	11:38	Andy Niven	VO2MAX Race Team	Male	Senior
99	11:39	James Gunn	Blaydon CC	Male	Senior
100	11:40	Tommy Murray	GS Metro	Male	Senior